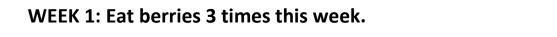
EAT WELL, AGE WELL. Monthly Tracking Calendar- Purple Foods

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES



WEEK 2: Try purple potatoes for dinner.

WEEK 3: Have purple cabbage at least once this week.

WEEK 4: Try and eggplant recipe and keep the skin on.

Complete the Weekly Challenges & you will feel better and be more in control of your health. We Dare You!